



# The Great Cascadia Zombie Survival Challenge

COVID-19 Edition: Food Challenge

Step

1

## Food for Thought

Food is life! It fills our bellies, provides comfort, and gives us energy to get through our day. Our food is made up of macronutrients. **Proteins** are essential for building muscle, and are commonly found in meat, fish, dairy, cheese, nuts, and beans. **Fats**, like avocados, olive oil, and nuts, help the body use some vitamins, keep your skin healthy, and are the main way your body stores energy. **Carbohydrates** are found in sugars, starches, and fibers found in fruits, grains, vegetables, and milk products, and

provide fuel for the central nervous system and energy for your muscles.

**Pick an item from your pantry and have someone else living in your house pick an item as well. Compare the labels. What do you notice about the food value of both? Discuss what you discovered.**

Snacks can be an important part of your day, but choose wisely.

Step

2

## What's in Your Pantry?

Now that you understand the building blocks of food, let's talk about what's in your pantry.

**With your family, do an inventory of your pantry. Sort your food by category: vegetables, fruits, beans and legumes, soup, protein, etc. Then sort by best used by date, so you use the oldest first. Check that packaging is still sealed and best used by dates have not expired.**

**Make a list of what you have and a second list of things you might want at the store, the next time you are able to**

**go.**

Did you discover any interesting finds?

Did you find a lot of one thing? Why do you think that is?

Talk to your family about their shopping habits before the COVID-19 outbreak. How will you shop differently now?

If you do go shopping, check on your older neighbors or grandparents to see if they need anything.

Order your Zombie rocker sets online at the [Girl Scouts of Western Washington store](#).



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3

## Build a Menu

You now know what you have to work with to plan a week's menus for your family.

**Take a household poll of favorite foods as well as go-to comfort foods. Make a list of these foods.**

**Use a piece of paper to draw a menu with 7 days in the week as your columns, and 5 rows for your meals: breakfast, lunch, snacks, dinner, and treats. Using your**

**pantry inventory, your list of favorite and comfort foods, and the direction from [ChooseMyPlate.gov](https://www.choosemyplate.gov) as a guide, build your menu.**

**As you go through the week, mark the menu items you and your family liked with a star so you can make those dishes again.**

Step

4

## Make a Family Cookbook

Using your menus and starred items, **start your very own family cookbook.** You will need paper and a pen or pencil. **Give each food item a name**, something like Maggie's Marvelous Mac & Cheese. **Next you'll need**

**to write down the amount and type of ingredients needed to make your dish, along with cooking instructions. Don't forget the number of servings.** Here is an example of a recipe card:

### Maggie's Marvelous Mac & Cheese (6-8 servings)

- 2 cups of cooked Elbow Macaroni
- 4 tablespoons butter
- 1 onion, minced
- 2 cloves of garlic or equivalent, minced
- 4 tablespoons of flour or GF flour
- 2 cups of milk
- 2 cups of shredded cheese + a little extra for the top
- 2 tablespoons of bread crumbs

Preheat oven to 350 degrees.

Melt butter over moderate heat in a saucepan. Add onion and cook until soft or caramelized. Add garlic and stir for 30 seconds. Add the flour and cook slightly, until the mixture foams. Add all the milk and stir with a wire whisk until the sauce thickens into a smooth cream. Simmer for 2 minutes.

In a bowl, pour sauce over cooked macaroni. Add the cheese. Stir until combined. Put in a greased casserole dish. Spread the bread crumbs over the top, add more cheese if you like. Cover and place in the preheated oven. Bake for up to 1 hour.